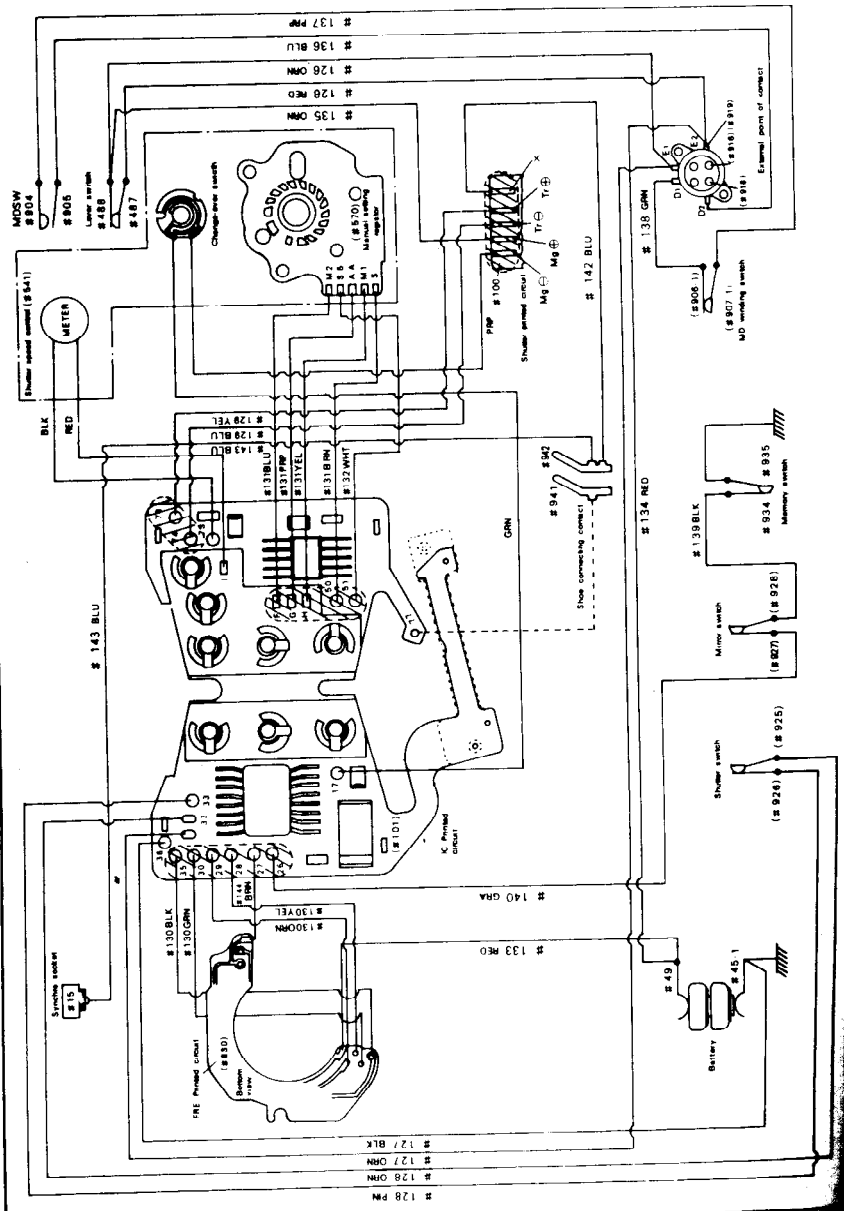
Use Soldering iron with earth.
Solder in cloth-gloves.
Apply insulation coating at the area shaded in the diagram

Soldering Material:
Solder CCS
Flux L-35